

WARM UP

2v2

How to Play:

- Students work in 4s across the width of the court with 1 ball
- Students split into 2 teams
- Pair 1 start with the ball and underarm throw the ball to each other aiming to make 5 catches
- Pair 2 try to intercept the ball
- If Pair 2 intercept the ball they then try and make 5 catches
- If a pair achieves 5 catches, the game resets and the other pair starts with the ball
- Students are not allowed to move with the ball

Progression:

- Use an overarm throw
- Use a bounce pass
- Allow any throwing action
- Introduce a second ball

TEACHING POINTS:

- Ready position
- Move into spaces
- Quick shoe movements
- Track the incoming ball
- Anticipate the direction of throw

Equipment:



Tennis balls

